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UPDATE is mailed to
each school district.
Please copy this
newsletter and share
it with the other
nurses in your district.

Missouri's "Action for Healthy Kids" Targets Ways to Make Local Schools Healthier

Many Missourians may not know that our state ranks eighth in overweight and obese citizens in the nation or that Kansas City is the 17th "heaviest city" in the nation. Nationally, the percentage of overweight children ages 12 to 19 has risen from 18.6 percent in 1999-2000 to 22.7 percent in 2000-2001, with African-American children at 24.7 percent for 2000-2001. Roughly one in four Missouri adults is now overweight or obese, and health care costs for obesity and related diseases are estimated at nearly \$1 billion per year for the U.S.

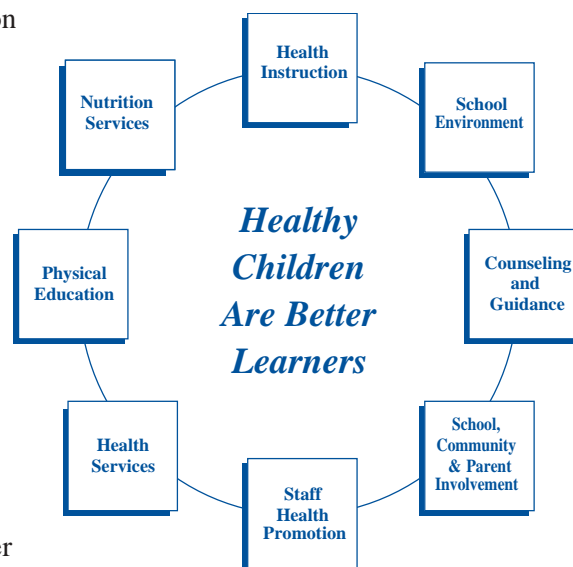
Responding to the national obesity epidemic, Missouri leaders in education, health and fitness have formed the state's first Action for Healthy Kids (AFHK) team, which is dedicated to making meaningful changes in nutrition and physical activity for Missouri schools.

The Missouri AFHK team is one of 51 teams (in the 50 states and the District of Columbia) organized to support AFHK's groundbreaking national initiative. AFHK was launched at the Healthy Schools Summit, a galvanizing event lead by first lady Laura Bush and David Satcher, former U.S. surgeon general. The two-day summit, held in October 2002, focused on developing strategies to promote better nutrition and physical activity in schools.

Since the national summit, the Missouri AFHK team has begun to target ways to make local schools healthier. The Missouri team has assembled a "who's who" of organizations and individuals representing health, nutrition and physical activity across Missouri.

The goal of the Missouri AFHK team is to help local school districts develop an action plan to promote awareness that healthy eating and physical activity create an environment for successful

learning. The team chose to promote awareness of the need to develop practices and policies to ensure that: 1) foods offered at all school events contribute to good nutrition, 2) adequate time is available for recess/activity before lunch, and 3) elementary students have time for unstructured, supervised play each day.



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The Missouri AFHK team has identified at least one school from each Regional Professional Development Center (RPDC) area and invited staff to attend the first Missouri Healthy Schools Summit in December 2003. To help the participating educators formulate and implement an action plan, the state AFHK team will serve as a resource for information. Staff from participating schools will then share their progress in making meaningful changes in nutrition and physical activity at the 2004 Coordinated School Health Conference.



Coordinated School Health Coalition Chat Room

The Missouri Coordinated School Health Coalition will hold its annual meeting on Wednesday, Sept. 17, 2003, at Practical Parenting Partnerships, 2412-C Hyde Park Road, Jefferson City, Mo.

The annual Coordinated School Health Conference will be held Dec. 5-7, 2003, at the Tan-Tar-A Resort in Lake Ozark, Mo. For more information about this conference, contact Ken Steiner at (573) 442-2963 or by e-mail at steineraa@aol.com.

Missouri Asthma Burden Report – Evaluation Form

The *Missouri Asthma Burden Report* has been included in this mailing of the School Health Update. Inside the report booklet is an evaluation form. Please take a few minutes to study the report, then fill out the evaluation form and mail or fax it to the address at the bottom of the form.

Staffing Survey

The Department of Health and Senior Services is working to decrease nurse-to-student ratios. To advocate for additional funding for school health programs, it is important to have the best information possible on the current staffing in schools. At this time, approximately 74 percent of Missouri schools have a ratio of at least one nurse to 750 students while 4 percent have no identified health services.

Send your completed *School Health Services Survey* to Marjorie Cole, Missouri Department of Health and Senior Services, P.O. Box 570, Jefferson City, MO 65102, or fax to (573) 526-5347.

2003 Children with Special Health Care Needs Survey

A total of 337 school districts representing 648,287 school-age children responded to the *Children with Special Health Care Needs* survey. The results show that in Missouri schools:

- 34,625 students have asthma,
- 61,238 students have allergies,
- 29,630 students have a diagnosis of ADD/ADHD,
- 16,080 students receive medications in school, and
- 1,624 students have diabetes.

Thanks for responding. We hope for 100-percent participation next year!

school health update

FALL 2003

SCHOOL HEALTH UPDATE is published periodically during the school year by the Missouri Department of Elementary and Secondary Education, P.O. Box 480, Jefferson City, MO 65102-0480, and the Missouri Department of Health and Senior Services, P.O. Box 570, Jefferson City, MO 65102-0570.

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Accommodating Children with Special Feeding Needs

Question: I have a special-needs child in the public school district who is on tube feeding as well as puréed foods. The child recently qualified for free lunches at school. The child's parents would like the school nurse to select foods from the lunch menu and have them puréed for the child. The school nurse is frustrated with the menu choices because many of the foods offered aren't ideal or appropriate for puréeing (e.g., fried foods, raw vegetables). When the school nurse asked the food service for some alternate choices, the food service supervisor responded that this wasn't their responsibility and that the nurse would have to make the menu items work for the child.

Isn't the school required by law to accommodate this child's special feeding needs?

Answer: Under the USDA guidelines "Accommodating Children with Special Dietary Needs in the School Nutrition Programs," school food service staff must make food substitutions or modifications for students with disabilities. This is specified in the USDA's nondiscrimination regulations, 7 CFR Part 15b.

To provide the best situation for meeting these guidelines, we recommend that the family, physician, school staff and food service staff work together. The family is responsible for ensuring that a prescription from the licensed physician is on file at the school for reference. The physician is responsible for providing written instructions regarding the texture modifications to be made. For children receiving special education, the texture modification should be included in the

Individualized Education Program. The school staff is responsible for maintaining the instructions and assisting the food service staff in providing the modified food.

It is the responsibility of the school food service staff to follow the physician's instructions. It may be helpful for the school food service staff to access the Web site listed in the references for assistance in providing modified meals to children with special needs.

This child is entitled to puréed foods as part of his school lunch program. For his prescription, the physician should also include the volume, calories or amount of tube feed and puréed foods he should receive. In his case, if the menu cannot be modified, food substitutions may be required. The food service staff may require training from the state Child Nutrition Program. The CARE Manual (see reference below), a publication of the USDA and the University of Mississippi, is a good resource.

REFERENCES:

Accommodating Children with Special Dietary Needs in the School Nutrition Programs. www.fns.usda.gov/cnd/guidance

"Nutrition Issues Facing Children with Special Health Care Needs in Early Intervention Programs and at School." Horsley, Janet; *Nutrition Focus*, Vol. 9, No. 3.

CARE: Special Nutrition for Kids. (1993). Department of Education, State of Alabama. A manual and instructional videotape for training child nutrition program managers about planning and preparing meals for children with special needs is available for \$19 including shipping from the National Food Service Management Institute, P.O. Drawer 188, University, MS 38677-0188; phone: 800-321-3054; Item No. EX17-95; Web site: www.olemiss.edu/depts/nfsmi/

Walk Across Missouri to Shape Up Missouri

Obesity is fast becoming the new epidemic facing our nation. According to the American Heart Association, obesity is a major cause of chronic illness, particularly cardiovascular disease, which is the nation's number one cause of death. Obesity can lead to high blood pressure, elevated cholesterol levels and diabetes — all major risk factors for heart disease and stroke.

Governor Bob Holden asked the Governor's Council on Physical Fitness and Health to lead in the development and implementation of a program to help improve the sedentary lifestyle of Missouri citizens. Shape Up Missouri, a competition between communities, cities and towns in Missouri, with a mayor or other city official serving as the leader, is the result of this challenge. Walk Across Missouri is the school component of Shape Up Missouri and is being promoted by the Missouri PTA.

For more information about these programs, log on to www.mofitness.org and click on Shape Up Missouri. If you have further questions, please contact the Governor's Council for Physical Fitness and Health at (573) 751-0915, or send an e-mail to fitness@mail.oea.state.mo.us.



Quality Health and Physical Education Project Professional Development Workshops – HIV Prevention Education

This workshop, designed to provide up-to-date information and resources concerning HIV prevention education, is appropriate for health and physical education teachers, family life and consumer science teachers, nurses, counselors, administrators and public health educators.

Topics to be covered will include:

- Missouri legal requirements concerning HIV education
- MSIP requirements for HIV education
- Suggestions for teaching refusal skills and discussing sensitive topics with students
- Model lesson plans for all grade levels that can be used to teach about HIV and related issues
- Information on how to successfully involve parents in HIV education

| Date | Place | Contact Person | Phone |
|------------------|----------------|-----------------------|--------------|
| October 2, 2003 | Kirksville | Jennifer Webb | 888-878-7732 |
| October 7, 2003 | Maryville | Marilyn Martin | 800-663-3348 |
| October 8, 2003 | Kansas City | Janet Leiker | 800-555-9048 |
| October 8, 2003 | Warrensburg | Carrie Scales | 800-762-4146 |
| October 8, 2003 | Cape Girardeau | Sherry Holder | 800-401-6680 |
| October 15, 2003 | Springfield | Olivia Banks | 800-735-3702 |
| October 22, 2003 | Rolla | Amy Andres | 800-667-0665 |
| October 22, 2003 | Columbia | Marilyn Jett | 800-214-2753 |
| October 23, 2003 | St. Louis | Karen Vaughan | 800-835-8282 |

School Health Policy Workshop

The Missouri Department of Health and Senior Services' Tobacco Use Prevention program (TUP) and Tobacco Free KC Coalition will co-sponsor a workshop on how to enhance school policies that address tobacco use prevention and other health issues. It will be held Sept. 30, 2003, from 9 a.m. to 12:30 p.m. at the Kansas City Health Department Biery Auditorium, 2400 Troost, Kansas City, Mo. The workshop presenter will be Jane Pritzel of the Centers for Disease Control and Prevention, Division of Adolescent and School Health.



Registration information is available on the TUP program Web site at www.dhss.state.mo.us/SmokingAndTobacco/ or by contacting Pat Flack of the Kansas City Health Department at (816) 513-6304 or Patricia_Flack@kcmo.org.

School Nursing Practice Orientation Conference

This conference will promote effectiveness in school nursing practice by providing information regarding a quality school health program. This orientation is for new school nurses, but experienced school nurses may find the content helpful as a refresher course. An extensive 350-page manual will be provided to each participant.

The conference will be held Oct. 2-4, 2003, at Tan-Tar-A Resort in Osage Beach, Mo. Topics include: delegation and roles of the school nurse; medication administration, communicable diseases and infection control; special education/special health care needs; chronic health conditions; and child protection and screening programs.

For more information, contact Kathy Greer at kathy.greer@leesummit.k12.mo.us or (816) 986-3044; Cecile Brower at Cecile.brower@leesummit.k12.mo.us or (816) 986-2252; or Genie Drown at gdrown@mail.hallsville.k12.mo.us or (573) 696-2282.

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